

USA Masters Outdoor Track & Field Championships
August 2-5, 2007 Orono, Maine

5000 Meter Run on a 400 Meter Track (12.5 Laps, exactly)

		12	11	1 Km	9	8	7	6	3 Km	4	3	2	1	5 Km
LAPS TO GO:	ATHLETE	0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5

RACE DATE _____

MEET _____

EVENT _____

LAP COUNTER _____